

Alouette jail's last baby



Jordynn's mother was a killer — that made the province nervous enough to shut down a program that worked **PART 2**

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Your essential daily news | WEDNESDAY, DECEMBER 2, 2015

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Nour Abdul Majid and daughter Luna, 10, craft a festive holiday picture frame at the Hospital for Sick Children on Tuesday.

LIZ BEDDALL/METRO



Board of health can't take the heat

PROPOSAL

Max temperature in highrise units could be restricted to 26C



Gilbert Ngabo
 Metro | Toronto

Sweltering indoor heat could soon be a thing of the past for people living in Toronto high-rises.

The board of health has thrown its support behind a proposal that would set a maximum temperature of 26 C in multi-unit residential buildings.

It's part of an ongoing effort to reduce the health risks associated with extreme heat, health board chair Coun. Joe Mihevc said.

There's already a minimum temperature bylaw in place — units must not dip below 18 C — but landlords aren't required to abide by any standards when it comes to maximum

temperatures.

Many older buildings in Toronto — including some three or four storey walk-ups — don't have built-in air conditioning, leaving renters to suffer consequences from heat waves especially in the summer, Mihevc said.

The medical officer of health issued a report earlier this week highlighting heat stroke, increased risk of disease and even death as some of the health impacts associated with extreme heat. Temperatures above 26 C often result in a spike in emergency medical calls, the report said.

Mihevc said the health board will consult with building owners, tenant associations, technicians and the city's licensing department to create a bylaw on how the standard will be enforced.

It might be giving buildings a time frame within which to install air conditioning systems; it could be installing air conditioners in each apartment; it might even be an air-conditioned common area that would serve as a place for residents



Air conditioning should be the landlords' responsibility the same way the furnace is.

Coun. Joe Mihevc

to cool off, Mihevc said.

"It's all about trying to protect people's health," he said.

The Greater Toronto Apartment Association — which represents multi-unit landlords — expressed concerns, saying some residents choose not to use air conditioners or cool rooms.

"Why would you mandate something that doesn't need to be mandated?" asked Daryl Chong, the association's president.

The city should focus on opening more public cooling centres and minimize social isolation, and leave the choice to individual residents about the temperature inside their units, Chong said.

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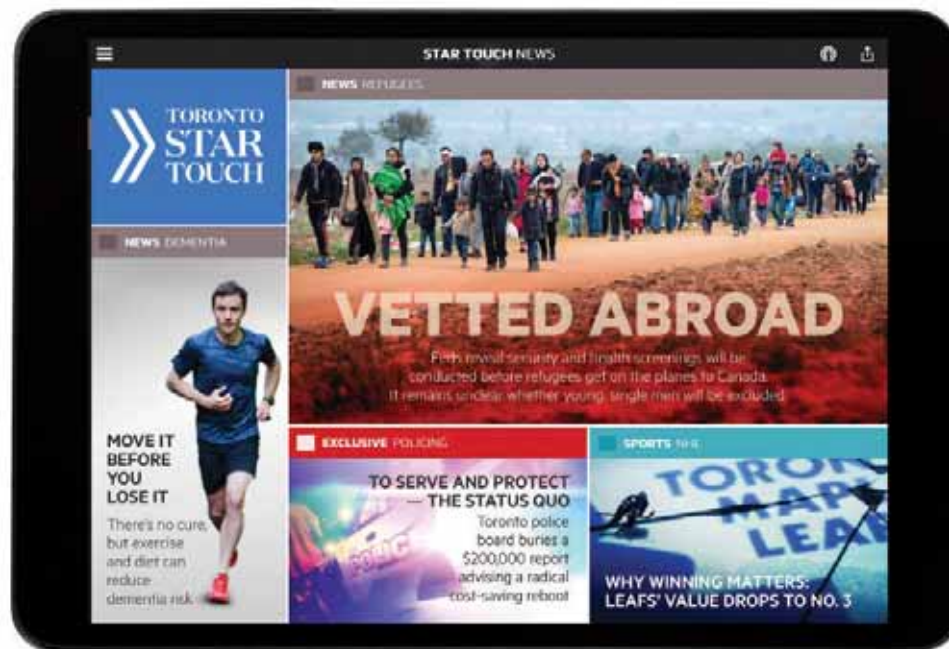
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T.O. needs 'bold' policies

ENVIRONMENT

'Extreme commuters' cause of most emissions: Prof



Luke Simcoe
Metro | Toronto

If Toronto wants to meet its "ambitious" greenhouse gas reduction targets, a few more bike lanes and a subway in Scarborough aren't going to cut it, says a local climate change researcher.

The city has vowed to reduce greenhouse gas emissions by 80 per cent compared to 1990 levels by 2050.

"We're talking about bold reductions and to do that we need bold policies," said University of Toronto professor Marianne Hatzopoulou.

Hatzopoulou teaches in U of T's civil engineering department and studies the link between transportation patterns and greenhouse gas emissions in the GTA. Her research shows most emissions in the city are

caused by "extreme commuters," people who work in the old city of Toronto, but live in the outer suburbs and commute by car.

That creates an inequity, where "the people who are responsible for most of the pollution are not the ones breathing it in," she said.

It's also a significant barrier to reducing emissions, Hatzopoulou said. An expanding population in outlying areas, combined with job growth in the city core means even more commuters, she said.

The city has certainly cleaned up its act — greenhouse gas emissions were down by 25 per cent in 2012 — but Hatzopoulou said nothing short of a "crazy bold plan" on transit and land use will allow the city to meet its 2050 goal.

"Small interventions like a bike lane, or improving pedestrian infrastructure — these things are great for health, but they're not going to make a big dent in our GHG emissions," she said.

In addition to prioritizing "far-reaching" transit projects — as opposed to things like the downtown relief line — Hatzopoulou said officials in the GTA should consider banning new residential development in areas without access to adequate transit.

"Just as you don't build where there's not water or electricity, you wouldn't build away from transit," she said.

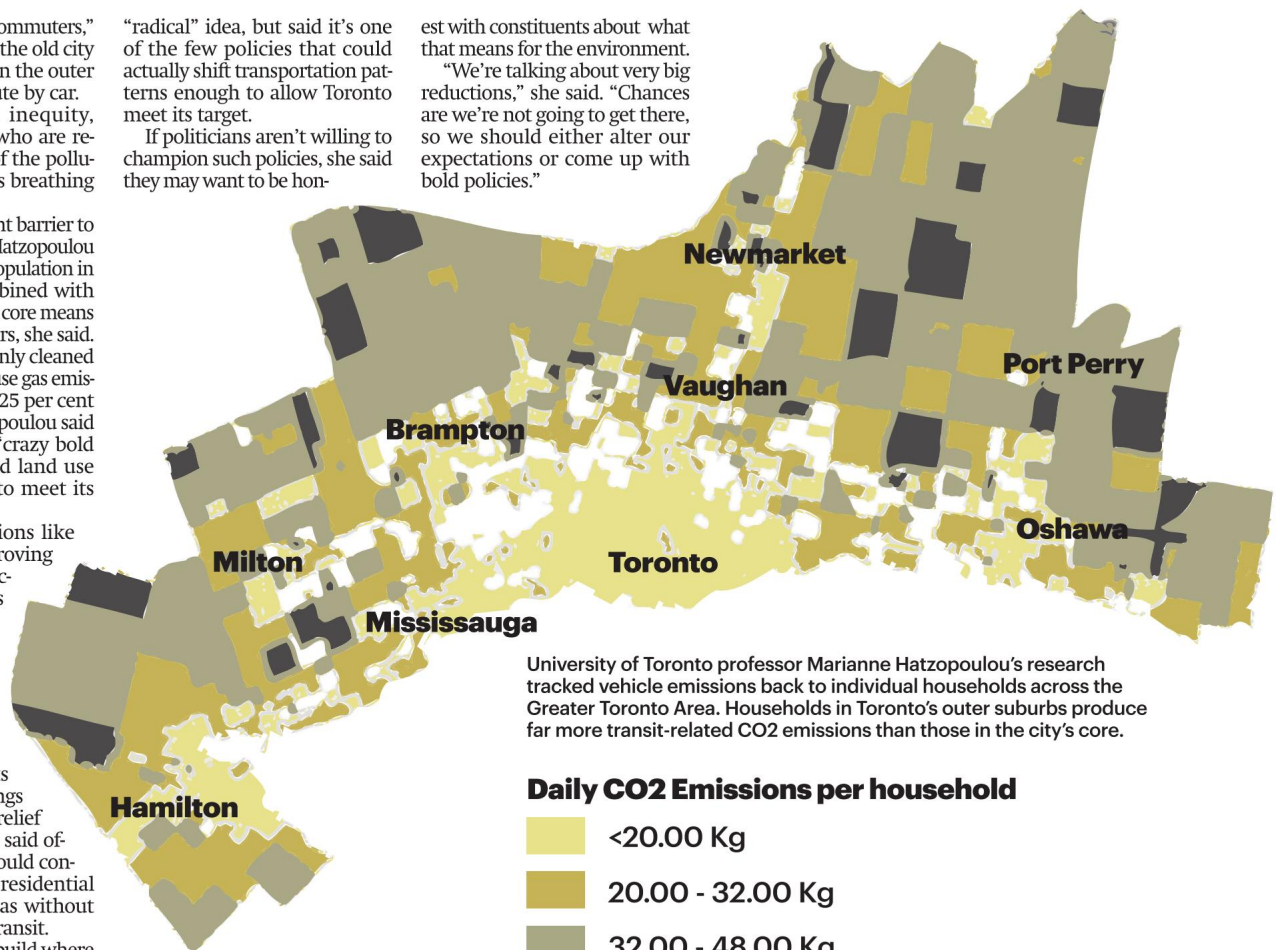
Hatzopoulou admits it's a

"radical" idea, but said it's one of the few policies that could actually shift transportation patterns enough to allow Toronto meet its target.

If politicians aren't willing to champion such policies, she said they may want to be hon-

est with constituents about what that means for the environment.

"We're talking about very big reductions," she said. "Chances are we're not going to get there, so we should either alter our expectations or come up with bold policies."



University of Toronto professor Marianne Hatzopoulou's research tracked vehicle emissions back to individual households across the Greater Toronto Area. Households in Toronto's outer suburbs produce far more transit-related CO2 emissions than those in the city's core.

Daily CO2 Emissions per household

- <20.00 Kg
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We should either alter our expectations or come up with bold policies.

Marianne Hatzopoulou

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Streetlight repairs took 'too long': Councillor

metr EFFECT

Police say poor lighting being considered in probe of death



Jessica Smith Cross
Metro | Toronto

Toronto Hydro has fixed streetlights that weren't working when a 22-year-old woman was killed by a truck at Bathurst and Eglinton.

But, the outage should have been addressed sooner, Coun. Joe Mihevc charged Tuesday.

"That's too long," said Mihevc, who represents the area. "Especially in the winter."

The four broken lights were fixed late Monday, hours after Toronto Hydro was contacted by Metro, but two weeks after it was first notified of the problem.



Streetlights at Bathurst and Eglinton have been fixed since a woman died after being hit by a truck in the crosswalk on Friday. LIZ BEDDALL/METRO

A driver, worried about the low visibility, had called 311.

Tori Gass, a Hydro spokeswoman, said a crew went to the site a day after receiving the referral from 311. Wiring to the lights had been cut. Crews needed to order a special wire and work with the city to close a lane of traffic so repairs could

be made, she said.

The intersection was considered "medium priority," Gass said, because there is other lighting in the area.

The fix made late Monday is a temporary solution, she noted.

Police have not said if poor lighting contributed to the Friday crash, which happened about

5:40 a.m. But, it is being considered as part of the investigation, and it's believed the driver involved might not have seen the woman in the crosswalk.

Walk Toronto's Dylan Reid considers broken — or inadequate — streetlights a serious safety issue.

"All pedestrians should be vis-

+ TAKE ACTION

People can report malfunctioning streetlights to the Toronto Hydro hotline at 416-542-8000 or online at torontohydro.com/streetlighting.

ible if they're crossing a crosswalk. If people can't see them, then the problem is with the city's infrastructure," Reid said.

"It's not up to pedestrians to be carrying a flashlight, it's on the city to make sure the crosswalks are fully visible in any condition."

"Proper lighting is essential to safety, especially in the fall and winter. With so many thousands of streetlights in the city of Toronto, it can be difficult to monitor them all and that's why we rely on residents to let us know what's happening in their neighbourhood," Gass, the hydro spokeswoman, said at the time.

EDUCATION

Toronto schools rank 13th

Sitting atop the QS World University Rankings is Paris, for the fourth straight year. Next on the list were Melbourne, Tokyo, Sydney and London.

Rounding out the top 10 are Singapore, Montreal, Hong Kong, Berlin and Seoul.

Montreal is the highest ranked Canadian city, coming in at seventh, a rise from the previous year, when it was rated eighth.

Toronto was ranked 9th on the list a year ago, but has fallen slightly and is now tied with Vancouver and Boston in 13th place. Vancouver dropped from 12th place last year.

Part of the reason for Toronto's slight dip is that other cities like Singapore have moved up since the last study, she said.

The cities are ranked by several categories, including safety, air quality, desirability from employers and chances for student employment. TORSTAR NEWS SERVICE

DEVELOPMENT

City manager warns of 'gap' in budget

Toronto city councillors face the political equivalent of an ice-bucket challenge — decide how to fund \$32 billion in capital projects or cut some or all of them out of the budget.

City manager Peter Wallace offered the cold dose of reality

Tuesday in a presentation to Mayor John Tory's executive committee, saying he will soon offer a "menu" of new "revenue tools" — taxes or fees — to consider.

Wallace said the only reason Toronto's finances have not "crashed and burned" is

the spectacular but unsustainable performance of the land transfer tax, expected to extract more than \$500 million this year from another red-hot real estate market.

The capital budget plan process is "inadequate, unstable

and poorly understood," Wallace said.

Wallace will soon present Tory and his inner circle with a proposed 2016 budget with a "gap" and it will be up to them, not city staff, to find ways to fill.

TORSTAR NEWS SERVICE



Peter Wallace.
STEVE RUSSELL/TORONTO STAR

POLICE

Man found dead on apartment balcony

A 34-year old man was pronounced dead at an apartment at near Highway 427 and Burnhamthorpe Road, according to the Special Investigations Unit.

Toronto Police had received a call and arrived at Eva Avenue, where they discovered an injured woman. Police also located the body of a male, 34, on the balcony. TORSTAR NEWS SERVICE



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Tushy's just not feline the love

CRAIGSLIST

There's a home somewhere for this mean cat



Luke Simcoe
Metro | Toronto

If you prefer your cats reclusive, anti-social and prone to fits of violence, then David

Seigel has the feline for you.

In a recent Craigslist post, entitled "You do NOT want this cat," Seigel implores someone to adopt an aging and cantankerous kitty named Tushy.

"You know all these ads about sweet, loving cats who need good homes? This cat is the opposite," the online ad reads.

Seigel and his wife, Amanda, routinely foster ani-

mals. Tushy landed in their lap recently, after a friend's uncle passed away.

The friend was unable to care for the 16-year-old cat and asked the Richmond Hill couple if they would oblige.

As soon as they brought Tushy home, he hid beneath the stairs, hissing and clawing at anyone who tried to reach him, Seigel said.

"Right off the bat, he was pretty nasty," he said.



Tushy the cat CONTRIBUTED

Tushy's behaviour prompted Seigel to pen the amusing Craigslist post, which details the extent of cat's wrath.

"He hates toys. He hates

people. He hates other cats. He hates dogs," Seigel wrote. "On the bright side, he hates ISIS, he hates Jar Jar Binks, he hates racial injustice and he hates the Montreal Canadiens. So maybe the hate is a good thing."

Despite the post, Seigel said a number of people have offered to take Tushy in. It's just a matter of narrowing them down and picking the right owner, he said.

+ EARLIER...

This isn't David Seigel's first foray into deprecating posts about cats on Craigslist. In February, he wrote a tongue-in-cheek ad for Izzy, an "evil Satan cat." Seigel and his wife had been fostering the cat for two years and decided a catchy Craigslist post was needed to find her a permanent home. The post detailed Izzy's evil exploits. It went viral and the cat was soon adopted.



RAISING AWARENESS RED SAND PROJECT Emi Takeda, a volunteer for Boost Child and Youth Advocacy Centre, fills in sidewalk cracks with red sand at Yonge and Bloor on Tuesday as part of the Red Sand Project, which aims to raise awareness about child abuse and human trafficking. The sand symbolizes people who have fallen into the cracks of these situations. MALLORY CHATE/FOR METRO

IN BRIEF

Ford out of hospital

Councillor Rob Ford was discharged from hospital in "good spirits" Tuesday, following his second round of chemotherapy.

Ford told media he was feeling much better after

the previous round of chemotherapy. He returns to hospital for a third round scheduled for the week of Dec. 14. Treatment began in November to shrink two new tumours attached to his bladder. TORSTAR NEWS SERVICE

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Volunteers sort through winter clothing donations for incoming Syrian refugees in Toronto's Liberty Village Tuesday. Through a simple Facebook post, the group behind the drive has amassed enough clothing for 120 families. LIZ BEDDALL/METRO

Winter wear pours in to help refugees

SYRIAN FAMILIES

Local clothing drive results in huge response



Gilbert Ngabo
Metro | Toronto

What started as a simple Facebook post looking for winter clothing donations for Syrian refugees has turned into a massive charity drive.

A few weeks ago, Laura-Jean Bernhardson began collecting clothes for a Syrian family her community group is sponsoring. Having never met the newcomers, she thought it would be great to collect enough for at least five families so they could have options.

She put the call out on Facebook, and within a few hours her post had been shared thousands of times. Then the donations started pouring in.

"We were inundated with way more donations than we ever dreamed of," said Bernhardson, owner of Fresh Collective, a clothing line in Toronto.

The goodwill didn't stop there. Bernhardson asked for help handling the donations and was greeted by hundreds of volunteers.

"It was overwhelming. It was insane," she said.

So overwhelming, in fact, that organizers have turned to crowdfunding, looking to raise at least \$10,000 to rent a proper place to store all the winter clothing. The ideal place would be set up like a store to allow people to try clothes on, giving them a sense of dignity, said Bernhardson.

"This is going to be their uniforms for starting their life in Canada. I want the clothing to be fitting nicely," she said.

Donations — nearly 900 plastic bins full of winter coats, mitts, scarves, hats and sweaters, enough to suit 120 families — were initially sorted and stored at The Clay & Paper Theatre



It was overwhelming. It was insane.

Laura-Jean Bernhardson

near Liberty Village. Someone has donated a temporary storage in Mississauga, where the group moved the items as they wait to secure a location for distribution.

The support speaks to the kindness of people here, said Julie Mahfouz, who's signed on as the project's director.

"I think the people of Toronto are inherently good and kind," she said.

There's a personal side to it for Mahfouz. Her husband, who is from Syria, lost an uncle and a cousin when a bomb landed in a marketplace three years ago.

"It felt so helpless not to be able to help people in Syria," she said.

GENEROSITY

T.O. sponsoring most families



Jessica Smith Cross
Metro | Toronto

More privately sponsored Syrian refugee families are coming to Toronto than any other Canadian city.

Citizenship and Immigration Canada has released numbers on how many people or groups in cities across the country signed up to sponsor the families. The numbers exclude Quebec.

+ BY THE NUMBERS

72 per cent of the 4,584 Syrian refugee families were sponsored by families in Ontario. The majority — **60 per cent** — were sponsored by groups in Toronto, most in the old city of Toronto (1,326) and Willowdale (1,079). But groups in Scarborough (156), Etobicoke (18) and the rest of North

York (23) — also helped.

GTA communities sponsoring families include Mississauga (68), Thornhill (33), Brampton (18), Markham (15), Oakville (7), Newmarket (5), Burlington (5), Oshawa (5), Stouffville (5). Those sponsoring fewer than five families were not included in the federal data.



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BROKEN BONDS | PART II

A mother-baby unit at Alouette Correctional Centre for Women is seen in handout photos. When the unit was renovated last summer, each room was outfitted with a cot, a crib and a rocking chair. The rooms open into a common area with a kitchen, a high chair, soft seating and a play area with books and toys. No one has been admitted to the unit since the renovation. B.C. MINISTRY OF JUSTICE

After a troubled killer gave birth and lived with her newborn in a B.C. jail, the program that made it possible died. A judge later revived it, but the nursery remains empty.

‘It was easy to jettison their rights’

Sidney Cohen
For Metro

On Canada Day 2006, 33-year-old Lisa Anne Whitford shot and killed her common-law partner, Anthony Cartledge, on a rural property near Prince George, B.C.

According to court records, Whitford called police the next morning and, when RCMP arrived at the home, they found her drowsy, confused and slurring her words. Cartledge's body was wrapped in blankets and hidden under a canoe.

Whitford was a few weeks pregnant at the time, and Cartledge was the father.

In the court case that followed, details of the accused's tragic life were laid bare.

Whitford, who is indigenous, was born to an alcoholic mother. When she was still a child, her mother's boyfriend sexually abused her. She began using drugs and alcohol at age 11, was living on the streets of Calgary at 14 and was strangled and raped when she was 17 by someone she considered a friend. Whitford has visited emergency rooms at least 41 times.

In his sentencing of Whitford, Justice W. Glen Parrett called her case "one of the bleakest ... I had ever encountered."

Whitford gave birth to her daughter Jordynn on March 12, 2007, while on remand at the Alouette Correctional Centre for Women. She was permitted to keep her baby in the jail, so Jordynn could breastfeed and bond with her mother.

Under the jail's "mother-baby" program, inmates who gave birth in custody were allowed to keep their newborns with them.

Ultimately Whitford, who was abused physically and emotionally by Cartledge during their relationship, pleaded guilty to manslaughter and was sentenced to six years in federal prison.

The judge decided that, with

public safety, to express concern about "the message that is sent to serious offenders when they are permitted to retain custody of a child while incarcerated."

Jordynn was the last baby to live inside Alouette.

In February 2008, the mother-baby program ended. Brent Mer-

chants and benefits before shutting it down.

Ross found that no child had been harmed in the program.

The judge also ruled that the charter right of the mothers and babies to security of the person was violated because separating infants from their mothers was contrary to their best interests, as it interfered with bonding and breastfeeding.

The separation was harmful to the mothers as well, who were devastated by losing their babies. Some would lose them permanently.

"An inescapable consequence of Mr. Merchant's decision was that the state would place in care some infants who, but for the decision to cancel the program, would have stayed with their mothers," Ross wrote in her decision.

Merchant, who is now assistant deputy minister in B.C.'s Ministry of Justice, declined repeated requests for an interview.

Ross also found the closure discriminated against indigenous women, given their overrepresentation in Canadian prisons and Canada's history of removing indigenous children from their families.

Ross's decision was released in December 2013, and a \$163,000 renovation to the unit where mothers had once lived with their babies quickly followed.

On June 16, 2014, B.C.'s Ministry of Justice announced the program's reopening and took media on a tour of the refurbished mother-baby unit.

But not one baby has yet been

admitted to the new space, despite three inmates having given birth since the program was re-established.

A Nov. 19 email from B.C. Corrections spokeswoman Cindy Rose says that the program is "open with dedicated space at (Alouette) and is available for use as soon as it is needed."

"With respect to why no women have participated in the program to date," Rose's email continues, "one inmate did apply and was accepted, but was released after giving birth. ... In two other circumstances, MCFD determined the parents could not safely care for their infants."

In all, 26 babies have been born to Alouette inmates since Jordynn Whitford left Alouette. Fourteen of those babies were placed in state care.

Former warden Brenda Tole oversaw Alouette's mother-baby program from 2004 to 2007. When she was in charge, she says, women who gave birth while incarcerated and wanted to bring their babies to Alouette were routinely admitted absent a "very, very valid reason." There was no application process; rather, Alouette staff, community agencies, MCFD and the B.C. Ministry of Health decided ad hoc what would best serve the moms and babies.

Now, Tole says, "the onus is on you to convince everybody that you can have your baby; otherwise, they're going to take it away."

In order to qualify for the program today, B.C. Corrections

says, an inmate must have no history of "serious offences that could jeopardize a child's safety," or health conditions "that could put children at risk."

"There's an underlying dynamic that women who are incarcerated are not good moms," Tole says. "Because they're in trouble with the law, because they haven't handled their life very well, that they can't provide support to this baby."

"Because somebody killed an abusive partner, doesn't mean that they're not going to nurture their kids," says Tole.

Lisa Anne Whitford and Jordynn aren't together today, but Rauch says that at Fraser Valley, they thrived.

At Alouette, mothers and their babies haven't had that chance for nearly eight years.

Broken Bonds

PART I

"A success story"
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PART II

"It all falls apart"
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PART III

"What now?"
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JORDAN

Refugees start journey

Maher al Halabi emerged from his interview with the UNHCR last Saturday with the coveted "number one" in his hand, on a small piece of paper in bold black ink.

That paper — a golden ticket — means he, his wife and two children, Ghassan, 7 and Mohammed, 18 months, made the cut. They will have a second interview Dec. 8 with Canadian officials, at the newly opened refugee processing centre outside Amman in Marka.

"I want to go to Canada so badly, for the sake of my children. I am a young man, I will do anything there," said al Halabi, 30, who hopes he passes the medical and security screening.

As word of Canada's resettlement plan seeps out among the Syrian community in Jordan, refugees pray they can beat the odds. If all goes well, al Halabi's family will be among the first of the 10,000 refugees from Jordan to arrive in Canada late next week; the remaining 15,000 will come from Turkey and Lebanon.

TORSTAR NEWS SERVICE

PM faces nannygate

POLITICS

Public footing the bill for the Trudeau's nannies

Prime Minister Justin Trudeau was attacked on social media as a hypocrite Tuesday after news reports that his cabinet had put on the public payroll two nannies to care for his three young children.

The orders-in-council said the women — Marian Puego and Marilou Trayvilla, whom the Ottawa Citizen reported had been working for the family prior to the election — were appointed to be special assistants to Trudeau and his wife Sophie Gregoire-Trudeau at the Prime Minister's residence.

They are being paid \$15 to \$20 hourly for daytime work and \$11 to \$13 for the night shift (effective the Nov. 4 swearing-in of Trudeau's government) and will help care for Xavier, Ella-Grace and Hadrien.

Kate Purchase, the prime minister's director of communications, told the Star in an email that "given the nature of the prime minister's responsibilities



Marilou Trayvilla, one of two women employed to take care of the Trudeau children, is seen at left in the pink jacket, as she joins Prime Minister Justin Trudeau and family upon their arrival to the swearing-in ceremony last month. SEAN KILPATRICK/THE CANADIAN PRESS

\$3,400

The UCCB amount the Trudeaus will receive this year and have said they will be giving to charity.

and young family, the Trudeaus employ two household employees who, in addition to performing other duties around the house, act as secondary caregivers to the three children."

She did not reply to requests for elaboration on their duties, or to explain why the prime minister thought taxpayers should foot the bill. The news was intriguing for several reasons.

He repeatedly attacked Conservatives plans for enhanced universal child care benefit and income-splitting for families. Trudeau promised to give his \$3,400 a year UCCB benefits to charity.

By expensing such costs, which his personal wealth would have made easy to pay, he obliges Canadians to consider how much

support is required to make high public office possible for women and men with young families or for single parents.

Nancy Peckford, of Equal Voice, said: "Here's a person with a young family in need of some critical child-care support for obvious reasons. His job is running the country and those supports are necessary."

TORSTAR NEWS SERVICE



Rosemary Westwood weighs in on nannygate
metroVIEWS

IN BRIEF

Immigration minister fears 'backlash' against refugees

Canada's immigration minister says he is wary of a possible "backlash" against Syrian refugees by Canadians if the newcomers are seen to be given privileged treatment. "Canadians are struggling for jobs themselves. Canadians have been waiting, in some cases, years for social housing," John McCallum, the minister of immigration, refugees and citizenship, said Tuesday. "There's a possibility of a backlash against refugees if Canadians see them as being pampered."

MICHAEL WOODS/METRO

We can do more, Stéphane Dion tells NATO

Stéphane Dion walked through NATO's doors Tuesday suggesting he won't have to do much of a sales job over the impending withdrawal of Canada's jets from the U.S.-led bombing campaign against militants in Iraq and Syria. "There are a lot of things where Canada may be a great supporter, instead of delivering two per cent of the airstrikes," he said. THE CANADIAN PRESS

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Leaders call for pricing on carbon

CLIMATE CHANGE

Tax would cut emissions, conference delegates hear

One of the smartest ways to fight global warming is putting a price on carbon dioxide pollution, according to key world leaders at the international climate summit in Paris, including Canadian Prime Minister Justin Trudeau.

Either a tax on carbon dioxide emissions or putting a price on carbon and trading carbon pollution like pork bellies would help use capitalism to get closer to a day when the world isn't adding heat-trapping gases to the atmosphere, said leaders of Canada, France, Germany, Chile, Mexico and Ethiopia, as well as heads of the World Bank, International Monetary Fund and Organization of Economic Cooperation and Development on Monday.

"The most elegant way to drive innovation and to reduce

carbon emissions is to put a price on it," U.S. President Barack Obama said Tuesday.

The number of countries, provinces, states or cities putting a price on carbon has tripled in the past year and is now at 40, World Bank Group president Jim Young Kim said.

Kim and others pointed to straight carbon taxes in British Columbia, Sweden and France as examples of what works.

Trudeau said B.C.'s "world class" carbon tax proves such a device doesn't harm the economy. THE ASSOCIATED PRESS

FRANCE

New arrest in Paris attacks

A woman was arrested Tuesday in a Paris suburb for suspected links to an intermediary to the only man charged in connection to the Paris attacks, according to two officials close to the investigation.

The officials, who requested

anonymity, said the woman, whose name wasn't revealed, is the partner of the intermediary.

The intermediary, 25, had been arrested earlier on Tuesday in his home in Malakoff, south of Paris, by counter-

terrorism police. A few hours later, police went with the suspect to search another apartment in Saint-Denis and arrested his partner who was there. The man and his partner have been taken into custody west of Paris. THE ASSOCIATED PRESS



BEIJING ARTIST TURNS SMOG INTO BRICKS Artist Wang Renzheng demonstrates his industrial shop-vac alongside a highway in Beijing on Tuesday (topmost photo). Wang spent four hours per day for 100 days vacuuming the Beijing air with an industrial shop-vac, then baked the accumulated dust and pollutants into a brick (above). The 100 days ended Sunday during this year's worst pollution spell in Beijing. Monitoring sites reported the density of the tiny, poisonous PM2.5 particles had reached more than 40 times the safe level set by the World Health Organization. THE ASSOCIATED PRESS

IN BRIEF

Emails offer peek into Clinton's personal life

Roughly 7,800 pages of emails released Monday were part of a court-ordered disclosure of correspondence sent from the private server Hillary Clinton used while she was secretary of state.

Clinton has faced questions about whether her unusual email setup was sufficient to ensure the security of government information and retention of records.

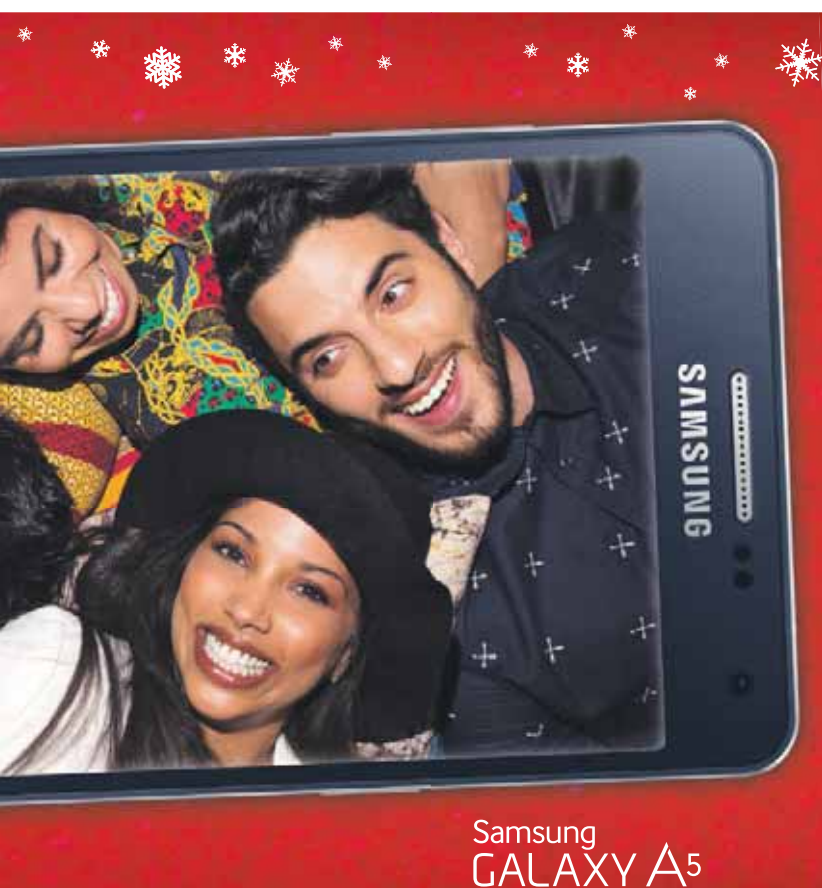
Her notes show her searching for videos on how to do a "fishtail bun" hairstyle and struggling to locate Showtime on her TV. THE ASSOCIATED PRESS

School fire kills six kids, injures three others

Turkey's state-run news agency says six children have died in a fire that broke out at a school in Karaagac village.

The Anadolu Agency reports three other children were injured Tuesday in the fire believed to have been caused by an electrical heater.

THE ASSOCIATED PRESS



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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

For our son's wedding, the couple requested donations to their honeymoon fund in lieu of gifts. One of our friends told my wife how offended she was by this. We haven't spoken to them since. Should she have kept her objections to herself?

Dear Ellen:

Our oldest son got married in September. Both partners were established with their own homes, and when they moved in together had everything they needed for their household. As a result, when they sent out their wedding invitations they requested donations to their honeymoon fund in lieu of gifts. We had invited some of our best friends to the wedding. At a party before the wedding, one of our friends took my wife aside and indicated how offended she was by this request. Because of this "confrontation" we uninvited them and haven't spoken to them since. Should she have just kept her objections to herself and bought them a gift anyways? And did we overreact? They are long-time friends and I am quite amazed that a wedding invitation has come between us.

Joe, Scarborough, Ont.

Dear Joe,

I'm sorry to hear that your son's wedding caused so much strife. I could offer platitudes along the lines of "at least you didn't become estranged from any relatives," except that losing a friendship is sometimes more painful than losing touch with a loathsome aunt or uncle.

There are a few layers to your question, so let's start with the affianced couple's request for money. To some old-school types, like your friends, and me, straight-out asking for money does feel a bit crass. The point of a wedding gift is not just to help

a young couple get started, but to give them a tangible reminder that you were there when they became as one. I have friends who still cherish the beautiful martini set I gave them years ago, and other friends who curse my name to this day for the crystal candle holders that became problematic if you drunkenly forget to douse the candles at the one-inch mark, at which point the flames can crack the crystal — why do they even make crystal candlesticks anyway? It's stupid. My point is, envelopes of cash, though always welcome, can be impersonal.

In your son's defence, I will concede that, as you point out, most couples today are already shackled up and have all the gadgets and linens they need, which can make choosing a gift difficult. For many parent-aged guests, it's vastly

easier to write a cheque than try to guess what kind of vase will go with moustache wallpaper or faux-fur upholstery (though an ironically customized, oversized mason jar would probably do the trick).

Whatever the guests' views are, however, it is absolutely wrong to confront the groom's mother to complain and risk ruining what is already a super-stressful event. The point of good manners is to have them even when you think others do not. If your friends were that irritated, they could easily have ignored the request and made the couple work for their cash by giving them a highly returnable candy dish from Birk's.

Or, if they wanted to send a more explicit disciplinary message of resentment, a simple set of hideous beach towels and matching, unpackable sombreros would have

done the job nicely.

As for whether you overreacted by uninviting them, I cannot say. It depends on how aggressive the "confrontation" was, and on why you put the word "confrontation" in quotation marks. Are we talking disagreement through gritted teeth here? Or hand-to-hand combat?

If it makes you feel any better, keep in mind that your friendship may have been on its last legs anyway. Weddings are the kind of traumatic social event that acid-tests every relationship. Wish your friends well, and see how you all feel in a year or so.

And please make sure your son and his spouse send thank you cards for every penny they rake in.

Need advice?
Email Ellen:

scene@metronews.ca



Ani Castillo

ROSEMARY WESTWOOD

metroview

Never mind Nannygate. The real scandal is wealth inequality.

Nannygate? Please.

So the most powerful person in this country is the parent to three children, and married to a woman with a career of her own and now the added duties of being a prime minister's wife.

So the Liberal government hired a few nannies to help out around Rideau Cottage and lend a hand with the kids.

So what?

Yes, I know, Trudeau made a big to-do during the campaign about exactly how much his family doesn't need taxpayer dollars to cover child care.

Railing against the Conservatives' Universal Child Care Benefit that funnelled about \$3,000 his way, he told media that "we don't need it. And Canada can't afford it."

And, now that he's in office, taxpayers are most assuredly paying more than three grand a year for two nannies, at \$11 to \$20 an hour each, depending on whether they're working a day or night shift.

But did anyone actually think that, of all the perks that go along with being prime minister, child care wouldn't be included? Do taxpayers somehow feel morally OK with paying for his in-house chef, and not his nannies?

Being prime minister isn't a blank cheque, but it is a privileged position, and I couldn't care less that we're supporting two child-care professionals along with the gardener.

Far more important — and the point of all of Trudeau's anti-child-care-benefit rhetoric — is the need to address the growing inequality between people in this country. According to the Broadbent Institute, the richest 20 per cent of Canadians own almost 70 per cent of the country's wealth. Last year, TD Bank called rising inequality a "threat to economic growth" — and it's most certainly a threat to the ability of many Canadians to afford quality child care.

And if you want to talk about nannies, let's talk about how much they're paid (hint: it's less than the chef). My sister worked for years as a nanny. Often spending more time with children than their own parents could, she moulded the kids she worked with, giving them basic tools to handle their emotions, teaching them self-respect and responsibility, never mind joy and self-expression. It was not particularly lucrative, though the families she worked with did pay her in gratitude. And it showed me that we value coding skills, say, over raising kids.

Nannygate could better earn its hand-me-down name if it alluded to some of these more pressing scandals in Canadian child care. What the Globe and Mail calls Trudeau's "apparent contradiction" is an incredibly underwhelming controversy, at best.

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The point of good manners is to have them even when you think others do not.



Golden ways to goose eggnog

HOLIDAY DRINKS

Modern takes on a traditional festive tippie

Melissa Dunne
For Metro Canada



The drink with the consistency of a melted milkshake is traditionally made from scratch with eggs, milk, cream and sugar, then finished off with a sprinkling

of spices. Domestic goddess/woman after my own heart Martha Stewart spikes her homemade eggnog with not one, not two, but three liquors (bourbon, dark rum and cognac).

GULP
We bought more than 7.6 million litres of eggnog in the last two months of 2013, according to the latest Statistics Canada data.

Most of us are not Martha, so we end up just buying whatever carton of eggnog happens to be on sale at the grocery store. We bought more than 7.6 million

litres of eggnog in the last two months of 2013, according to the latest Statistics Canada data. It's certainly not all good — much of the mainstream stuff has an odd consistency and even odder fluorescent-tinted hue to it.

Books like Alissa Hamilton's *Got Milk?* and vocal veg-an celebrities such as Alicia

Silverstone have many of us thinking twice about putting conventional cow's milk into our bodies.

But, no need to shake your noggin in despair as in recent years Santa and his elves have whipped up a slew of organic and alterna-nogs so everyone can partake in a little Christmas in a cup this holiday season.

YOU MADE THIS?!

Silk sells a soy nog in the U.S., but sadly it's not available here. Instead, the makers of Silk alternative milks suggest blending one cup of the alterna-milk of your choice (almond, rice, soy, coconut, cashew etc.), 1/2 a frozen banana and 1/2 tsp of vanilla. Then add spices, such as turmeric, cinnamon and nutmeg to taste. Pour your nog into a Marty Moose Mug (\$36, Urban Outfitters) and get ready to channel your inner Clark Griswold.

IS THAT ORGANIC?

Not only is Organic Meadows eggnog organic it's also GMO-free and kosher. The creamy concoction is made at the family farm in Guelph, Ont., with fresh Ontario eggs and milk. It comes in a carton or a returnable glass bottle at select stores for between \$5.99-\$7.29 in the Greater Toronto Area. If you're outside of the area and are passionate about supporting farmers in your community ask around to find a local brand that makes an organic eggnog.

PUT THE NOG IN THE COCONUT

In America there are rows upon rows of alterna-nogs at stores this time of year. On this side of the border, the options are more limited. Good news for those who are off dairy these days: So Delicious sells a seasonal coconut milk nog at select stores, including some Whole Foods Markets for about \$3.99. The nog features organic coconut milk and organic cane sugar. Add a cinnamon stick, plus a splash of liquor of your choice and toast to Christmas miracles. Ask around to find a local brand that makes an organic eggnog.

FESTIVE ALMOND MILK

Vancouver's Earth's Own puts out a Noël Nog this time of year that's sold at select stores including some Whole Foods, Sobeys, Metro and Safeway for about \$2.99. The festive drink is dairy- and egg-free and features filtered water, almonds and cane sugar. Make sure to have a bottle on hand at your next holiday party so your vegan friend can partake in some spiked nog, too.

ADD A JOLT OF CAFFEINE

Many indie coffee shops sell eggnog lattes with organic milk this time of year that will turn even the biggest Grinch into a bundle of caffeinated joy. Balzac's Coffee Roasters puts a very modern twist on the traditional drink this season, offering up a blend of nitro cold-brew coffee and Harmony Organic's eggnog for \$4.75, only available at its Distillery District location in Toronto. Invent your own version by mixing your favourite nog and cold brew together. Cheers to Eggnog Season!

TODAY'S HOROSCOPE:

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Step away from the onion-soup mix

PARTIES

Home-made dip is way more healthy and delicious

Although dipping sauces are part of many party scenarios, it's easy to treat them as an afterthought.

Most supermarkets have the usual suspects — jars of salsa or plastic tubs of onion, dill or spinach dip, hummus or tzatziki. Buy one, take the lid off and you're good to go.

But they're not cheap, they're often high in salt and/or sugar, and may contain preservatives.

It's much more interesting to concoct your own flavour combinations to wow guests with little effort and at a lower cost.

Dips are also a great way to encourage guests to eat their veggies, says Brooke Bulloch, owner of Food to Fit, a nutrition

consultation firm in Saskatoon.

Then there's the nutrition factor of the dips themselves.

"With homemade dips, we can better control the ingredients," she says. "A lot of dips have full-fat cream cheese or mayonnaise. With homemade, you could lighten up a guacamole by adding yogurt and salsa. You can also make it go farther."

"You could lighten up a spinach dip with light cream cheese and plain yogurt instead of full-fat cream cheese and mayonnaise."

Bulloch, who is also a spokesperson for Dietitians of Canada, is a huge fan of plain two per cent

Greek yogurt as a dip base.

"It doesn't have to be zero fat because that's where a lot of the flavour comes," she says. "But it's rich in protein and you actually get some nutrients, B12 and calcium. And because Greek yogurt is so thick, it gives the texture we look for in dips."

For example, she makes a Mexican-style dip by adding cumin, chili powder and a little salt to the yogurt; a Greek-style tzatziki by combining the yogurt with lemon and cucumber; or a spicy dip by adding Sriracha, garlic and chili powder.

THE CANADIAN PRESS



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TORONTO

Live green Toronto

Beat the blues with yogurt

NUTRITION

Study finds probiotics help with negativity

Theresa Albert
For Metro Canada



Feeling a little moody? Maybe you want to try some yogurt to beat the blues.

New studies have the nutrition world saying "I told you so" as they confirm that gut bacteria contributes to the management of mind and mood. The mechanisms aren't clear yet, but the years of research on animals has been convincing enough to gain the focus of many researchers to start testing the impact of probiotic supplementation on humans.

Both Leiden and Cambridge Universities are in the news for confirming that it appears to hold true that humans experienced

decreased sensitivity to depression and negative stimuli when taking probiotics. In the Leiden University study, administering probiotic powder to participants resulted in reducing the occurrence of rumination, a predictive behaviour in depression.

Mental health aside, it is never too early to start improving the health of your gut bacteria, particularly if you have been on antibiotics.

Here are some foods that could help rebalance your gut:

- Fermented yogurt, soy milk or kefir
- Fermented foods like tempeh, kimchi, sauerkraut and miso soup
- Prebiotic foods that help feed the active probiotics: inulin, chicory root (in coffee substitutes), onions, garlic, artichokes, sweet potatoes and bananas.

Maybe your gut feeling is true and it isn't all in your head after all.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food



Both Leiden and Cambridge Universities have recently published studies linking probiotic consumption with decreased sensitivity to depression. TORSTAR NEWS SERVICE

LIQUID ASSETS

Raise a Shiraz for Australian wine

Peter Rockwell
For Metro Canada



While we here in Canada prepare for Old Man Winter, Down Under my winemaker friends are waxing-up their surf boards; having just welcomed the beginning of their summer.

As much as I hate that about them, nothing warms up my cold nights better than a glass of full-bodied Shiraz, the grape that single-handedly turned Australia into a winemaking force to be reckoned with back in the mid-'80s.

Though today they may be more well-known for quaffable versions, there's still

plenty of meaty and muscular Shiraz to be found on the shelves at your local liquor store.

The Jacob's Creek 2013 Double Barrel Shiraz (Australia, \$16.49-\$20.99) pumps up the volume with an innovative take on aging. After resting in a combination of French and American oak for over a year the Barossa juice then sees some time in used Scotch whisky barrels.

The finished wine is a mouthful of complexity that will make a great gift for any red lover on your holiday list.

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FOOD BRIEF

Beer mile record holder defends title on Ellen

Lewis Kent has another victory to add to his running resume — winner of Ellen's Beer Mile Race.

The 21-year-old from Mis-

sissauga, Ont., who broke the beer mile world record last month, beat an Ellen staff member on Tuesday's episode of The Ellen DeGeneres Show.

THE CANADIAN PRESS

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Not just a plot device: the warranted fight

Scott & Bailey: Season 3, Episode 7 (Netflix)

At the end of Episode 6, Manchester police Detective Constable Janet Scott (Lesley Sharp) stumbled upon her cop partner and best friend, Rachel Bailey (Suranne Jones), in her guest bedroom, in flagrante delicto.

This infuriates her: Rachel is married, and Janet's sick of Rachel's compulsion to screw up her life. In Episode 7, they have a humdinger of an argument, in which they both say specific, accurate, hurtful things.

Now, I'm wary of the girlfriend trope. Too many shows depict women as inevitable enemies — all factual evidence of lifelong, sustaining female friendships be damned. Scott & Bailey was different. It was centred on the power of women working well together. It resisted the girlfriend.

This argument, however, turns out to be earned. It's not so much the two minutes of shouting in Janet's car — it's the rest of the episode, the aftermath, scene after scene of Janet and Rachel feeling frosty, anxious and mis-



Scott and Bailey explores the mysteries of female friendship. CONTRIBUTED

erable. They won't meet each other's eyes. They try to appear nonchalant, but they're vibrating with hurt. They keep searching each other for signs of weakness, but when they see them, they double down on punishing each other instead of forgiving.

Things aren't resolved neatly either. The tension continues

into Episode 8, and it pushes both women to admit uncomfortable things about themselves. Rather than denigrating female friendships, this fight shows how important they are, and how wounding it is when they fail, even temporarily. Friendship is love, after all, and like all love, it comes with pain.

STAR WARS

The Force Awakens with virtual reality app and Google Cardboard

Kris Abel
For Metro Canada



The chance to get up close with the Millennium Falcon alone is enough to make it worth trying out a series of virtual reality movies launching this week for free through the official Star Wars app. For the full effect you'll need a Google Cardboard viewer, an inexpensive box that folds into goggles around your phone, available online through Amazon, Indigo, Unicef.ca, and Google.com/cardboard.

Awaken The Force Within includes chapters that are just a few minutes in length, but detail a storyline that leads up to the opening moments of Star Wars: The Force Awakens. Intended by

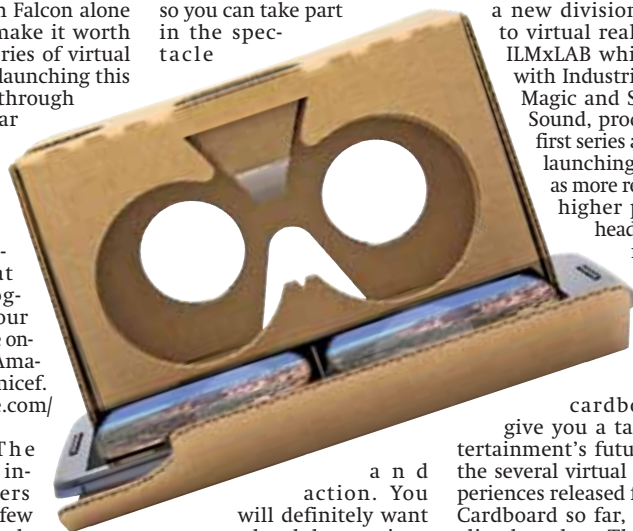
Lucasfilm as their first, convincing use of virtual reality, the experiences go beyond just giving you a 360 degree "look around" to actually placing you into the boots of characters so you can take part in the spectacle

Lynwen Brennan, Lucasfilm General Manager, "but I do know that we have the most expansive universe to explore in Star Wars."

Brennan has launched a new division devoted to virtual reality called ILMxLAB which, along with Industrial Light & Magic and Skywalker Sound, produced this first series and will be launching new ones as more realistic and higher priced VR headsets arrive next year.

It may seem crazy that a piece of

cardboard can give you a taste of entertainment's future, but of the several virtual reality experiences released for Google Cardboard so far, including clips based on The Hunger Games and Broadway's The Lion King, this Star Wars experience by far has the most convincing magic.



and action. You will definitely want to wear headphones given the special effects involved. "No one really knows how audiences are going to experience virtual reality" says



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Last week, the Automobile Journalists Association of Canada revealed the winners in nine best-of categories for 2016. Mercedes-Benz and Volkswagen were the big winners, taking two honours each, while Chevrolet, Honda, Kia, Mazda and Volvo also scored awards. Metro's Mike Goetz and Jil McIntosh were among the more than 70 judges who took part. Here are their takes on a few of the winners. **METRO CANADA**

6

A blue McLaren P1 sports car is shown from a front-three-quarter view, parked on a paved surface. The car is sleek and aerodynamic, with large wheels and a prominent front grille. The background shows a clear sky and some buildings in the distance.



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DRIVING FORCE

Buick turns to new methods in noise reduction and tuning

Jil McIntosh
For Metro Canada



There are many factors that go into designing and engineering a car, and one of them is the way it sounds inside. The more luxurious a vehicle is, the quieter its cabin is expected to be.

But traditional noise-suppressing materials can be heavy, and any extra weight can reduce fuel efficiency. As automakers strive to trim the fat off their vehicles, many are going to new methods, such as the materials Buick is using in its all-new 2017 LaCrosse.

"In the past, we've tried to block the noise out," says Lesley Weiss, noise and vibration engineer for GM's global mid-size cars. "The current system has foam. We call it a barrier

system. It's foam with an oil-based back, like a heavy mat."

Instead of lining the inside of the cabin with these heavy materials, Buick uses a variety of lighter-weight systems, each type used depending on where it's placed. The carpets and wheel well liners absorb noise, but the LaCrosse's most interesting method is a pad attached inside the front of the dash. Rather than block noise as traditional barriers do, the mat absorbs it.

The pad, which is made of an engineered cotton material, works the same way as soft materials do in your home. Noise will reverberate in an empty room with hard walls and floor, but adding carpet, drapes and upholstered furniture will make the room quieter as they absorb the sound. "We let the noise into that area of the car and absorb it, versus a heavy layer that blocks it out," Weiss says. "It costs about the same (as a barrier) but weighs less."

The right sound

But getting a vehicle's cabin sound right isn't just about keeping the noise out. The



The new Buick LaCrosse uses special materials to reduce cabin noise. COURTESY GENERAL MOTORS

car's switches, dials and levers all make noise when they're activated, but the sound they make is not random. Engineers work on all of them to ensure they're just right, whether it's that the driver knows a switch is engaged

without having to look at it, or that the shifter has the right "click" to it.

But while engineers try to shave grams of weight from every component, which adds up over the thousands of parts in a car, it creates new chal-

lenges to keep their noise and vibration down. A lightweight button, for example, may make an odd sound. "We'll work with the supplier to determine what is making the noise inside it," Weiss says. "There may be a spring that

pushes the button back up and it has some ring, so we can add something for increased damping. (The fix is) specific to every noise, and how you attack it is different. We're concerned about everything that makes noise in the car."

+ THE SCIENCE

- Many automakers use active noise cancellation, which sends inaudible sound waves from the speakers, even when the stereo is playing, that help cancel out unwanted engine noise.

- Buick engineers have their own standards for noise levels, but they also bring in competitors' cars for comparison.

- Sports cars are much noisier than family vehicles, and that's part of their appeal, but even they are engineered to have the "right" engine, exhaust and cabin sounds.

USED VEHICLE

Shopping for a Volt? Get an electronics scan

The range-extended Chevrolet Volt EV hit the Canadian marketplace for model year 2011 with a unique Voltec propulsion system, allowing the electrically-driven five-door to recharge its batteries via a gasoline "range extender" when an initial charge, gained from plugging the vehicle into an outlet, is depleted.

The average shopper can consider the Volt to be an electric car, but with gasoline backup to avoid range limitations. If your commute is less than 80 kilometres a day, and you plug your Volt in at work, you'd virtually never use any gasoline.

All 2011-15 models were four-door, front-wheel drive, and feature content included available BOSE audio, navigation, Bluetooth, automatic climate control and OnStar.

The test drive

Buying a used model without a full inspection at a Chevrolet dealer is strictly advised against.

You'll want a Volt-trained technician to perform a full, on-the-hoist inspection, as well as an electronics systems scan, which can reveal issues with many components, including the battery.

Inspect the condition of

the pricey-to-replace charger and cord assembly for signs of damage, which could pose a safety issue. Try the charge door, confirming it opens and closes properly, as owners have reported numerous issues with the door getting stuck or failing to open.

Once you've confirmed that the Volt's stereo and climate control system are both in working order, turn them off and drive the car with light, moderate and full throttle and in both Drive and Low gearing ranges, with your ears open. A high-pitched or notably loud whining sound, which some owners say reminds them of a band saw, could be an issue with a bearing in the driveline.

Confirm proper operation of the AC system throughout your test drive, and if it doesn't work as expected, have a dealer investigate. Note that a clogged cabin air filter can slash the effectiveness of the AC system, too. It's worth noting that with both a lengthy battery warranty, and advanced battery controls, the issue of battery failure is virtually non-existent.

At the time of writing, virtually no owner-reported issues with battery failure were discovered. JUSTIN PRITCHARD



Engines

All models get a 16-kilowatt battery pack and electric motor drive unit, as well as a 1.4-litre gasoline engine. A one-speed direct drive transmission sent 273 lb-ft of torque to the front wheels.

What owners like

Owner reviews typically see positive feedback on the extended driving range, conventional-car driving feel, slick and unique styling, a modern and upscale interior, and overall comfort in seating and ride quality. Noiseless cruising in EV mode, and the robust low-end torque, are also highly appreciated.

What owners dislike

Common gripes include some easily-scuffed interior plastics, a relatively small cargo hold given the Volt's overall size, and a heavy feel to the car when driving around corners.

The verdict

Overall, most owners say the Volt is the most reliable car they've ever owned, reporting few if any issues. Shoppers set on the Volt are advised to invest in any extra warranty coverage available for maximum peace of mind, and to buy confidently after attaining a thumbs-up from a Chevrolet dealership.

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NFL IN BRIEF

Roethlisberger to remain under concussion protocol

Ben Roethlisberger says he had a migraine. Coach Mike Tomlin says the Pittsburgh Steelers quarterback has a concussion.

Either way, Roethlisberger will remain under the concussion protocol this week as the Steelers prepare to face the Indianapolis Colts.

Roethlisberger left Sunday's loss to Seattle in the fourth quarter after self-reporting a potential concussion. THE ASSOCIATED PRESS

Gronkowski week-to-week with right knee injuries

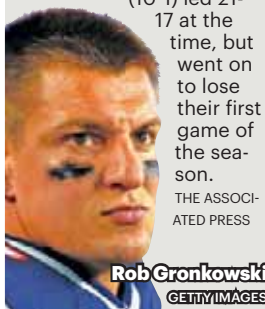
Rob Gronkowski suffered a bone bruise and sprain of his right knee during the New England Patriots' 30-24 overtime loss to the Denver Broncos on Sunday.

The tight end will be evaluated on a weekly basis and there is no timetable for his return.

Gronkowski was carted off the field with 2:49 remaining in Sunday's game after taking a hit to the knee. The Patriots (10-1) led 21-17 at the

time, but went on to lose their first game of the season.

THE ASSOCIATED PRESS



Rob Gronkowski
GETTY IMAGES

Price on move to Boston

MLB

Jays could feel sting of deal with 19 games vs. Sox in 2016

During his heady, three-month stint with the Blue Jays, David Price was as popular as any professional athlete in this city.

A hired gun tapped to deliver the promise of October baseball to a long-suffering fan base, he came exactly as advertised and his arrival heralded Toronto's most intoxicating homestretch in two decades.

But all of the good-time memories Price helped create — the scooters, the bathrobes, the first division title in 22 years — will now be tinged with scornful regret after the 30-year-old lefty reportedly signed a seven-year deal with the Boston Red Sox, who made him the highest paid pitcher in baseball history.

First reported by Peter Abraham of the Boston Globe, the deal — not yet announced by the club — is reportedly worth \$217 million US, which eclipses Clayton Kershaw's \$215-million deal and matches the \$31-million annual average value of Miguel Cabrera's \$248-million deal.

The Jays were always long shots to retain Price, who was widely considered the top free agent on the market. The Tennessee native had the lowest earned run average in the American League this season and finished second in Cy Young voting behind the Houston Astros' Dallas Keuchel.



David Price, middle, reportedly scored a deal worth \$217 million — the largest ever for a pitcher. RICK MADONIK/TORSTAR NEWS SERVICE

2.30

Price's ERA in 11 regular-season starts with the Blue Jays. He posted a record of 9-1.

It became clear he was not in the team's plans when early in the off-season they aggressively targeted cheaper, mid-range pieces — re-signing Marco Estrada, trading for Jesse Chavez and signing J.A. Happ — to fill the vacancies in their starting rotation.

But the fact Price is joining arguably the Jays' most-hated rival — at least among the fan base — adds extra salt to the wounds of jilted fans, who would have preferred he

next season, including in their home opener on April 8. Price could prove a prickly thorn in the Jays' side.

But while fans were angry and cynical — lamenting Rogers' "penny-pinching" ownership — Jays players were more reflective in reacting to the news.

"Even though our time together was limited, you took every opportunity to take me under your wing and teach me your ways," Jays budding ace Marcus Stroman wrote on In-

stagram. "For that, I am forever thankful."

In Boston, Price reunites with a former boss in Dave Dombrowski, the president of baseball operations for the Red Sox who held the same job in Detroit until he was fired five days after trading Price to Toronto.

Price would join a Red Sox rotation that is likely to include Clay Buchholz, Rick Porcello, Wade Miley and Eduardo Rodriguez. TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS

NHL

Struggling Bernier stuck in goaltending limbo with Leafs

Jonathan Bernier watched from the bench and charted faceoffs as Garret Sparks stopped all 24 shots he faced. A day earlier, the Toronto Maple Leafs' No. 1 goaltender of the recent past quietly took off his pads as the rookie beamed about making his first NHL start.

These are trying times for Bernier, who has allowed four or more goals in four of his past five starts. Among goalies with at least eight starts, Bernier's .888 save percentage and 3.28 goals-against average are second-worst in the league.

You just got to stick to it and believe that you were a good goalie once and it's not that it's gone. Jonathan Bernier

It has gotten so bad that with starter James Reimer injured, coach Mike Babcock would rather give Sparks chances to play than risk it with Bernier. Figuring out what to do with the 27-year-old is the biggest question facing the Leafs for this season and the future.

Asked Monday morning about what's next for Bernier, Babcock

said he didn't know but quickly added, "time."

"He's probably never been through anything like this," Babcock said. "So he's got to rebound, but at what expense? We've got to figure that out."

So far it has been at the expense of losing. Bernier wasn't the only culprit in going 0-8-1 in his nine starts, but his penchant

for giving up bad and ill-timed goals has cost Toronto dearly.

The franchise is looking long term, so losing more games in an effort to get Bernier back on track isn't the end of the world. But don't tell that to the coach with the Stanley Cup ring, two Olympic gold medals and the \$50-million US, eight-year contract.

Babcock doesn't like to lose, and he thought

Sparks gave his team the best chance to

win Monday night against the Edmonton Oilers. The 22-year-old stopped all 24 shots he faced, and afterward Babcock said Sparks would start Wednesday night in Winnipeg if Reimer wasn't healthy.

The Leafs could let Bernier play his way out of this or potentially send him to the minors on a conditioning stint if he agrees to go. No other realistic options exist, considering Bernier's \$4.15-million cap hit and rock-bottom trade value.

THE CANADIAN PRESS



Jonathan Bernier
GETTY IMAGES FILE

Signs point to Giovinco being MVP



A familiar scene this season — Golden Boot winner and winner of MLS top newcomer award — TFC's Sebastian Giovinco weaving in between defenders. VAUGHN RIDLEY/GETTY IMAGES

MLS

Announcement due in city as TFC look to fix leaky defence

Toronto FC announced defensive changes Tuesday on the eve of potentially celebrating yet another award for offensive dynamo Sebastian Giovinco.

Major League Soccer has scheduled a "special announcement" in Toronto for Wednesday morning, which coincides with the announcement of the MVP winner. Giovinco, Columbus Crew SC forward Kei Kamara

and midfielder Benny Feilhaber of Sporting Kansas City are the finalists for the award named after retired U.S. star Landon Donovan.

Giovinco has already won the Golden Boot as the league's top scorer and was named top newcomer. The Italian international is also a finalist for MLS goal of the year. A player from a Canadian team has never won MVP honours, although Canadian Dwayne De Rosario was the recipient in 2011, when he started the season with Toronto before being

traded to the New York Red Bulls and then D.C. United.

Giovinco tied with Kamara for the league lead with 22 goals and was No. 1 in assists with 16. That meant he was directly involved in some 66 per cent of Toronto's 58 goals.

While preparing to fete Giovinco, Toronto made changes to a backline that gave up a league-worst 58 goals (along with the Chicago Fire and New York City FC). In declining options on four players and bidding farewell to veteran forward Robbie Findley,

whose hefty contract is expiring the club freed up some \$730,000 US to help bolster its defence.

The club elected not to pick up the options of goalkeepers Joe Bendik and Chris Konopka, who have alternated as starter since Julio Cesar left in 2014, as well as Brazilian utility man Jackson and 20-year-old Canadian midfielder Manny Aparicio.

That leaves goalkeepers Alex Bono and Canadian Quillan Roberts, a pair of promising 21-year-olds who have yet to see regular-season action. In the meantime, head coach Greg Vanney wants a "pure No. 1 guy that is our every-day goalkeeper."

THE CANADIAN PRESS

66

Percentage of TFC goals this season that Giovinco was directly involved in.

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RECIPE Ginger Pork Noodles



PHOTO: MAMA VINSKY

Ceri Marsh & Laura Keogh
For Metro Canada

- Salt and pepper to taste
- 250g rigatoni pasta

Directions

1. Prepare pasta according to package instructions.
2. Heat olive oil in a wok or deep frying pan. Soften onion for 3 minutes. Add mushrooms and cook for three minutes then add the pork.
3. Once pork is no longer pink, add garlic and ginger and simmer for another 3 minutes. Season with salt and pepper to taste. Add sugar snap peas. Combine and then pour stock over pork mixture. There should be enough stock covering the meat and vegetables so that it is soupy. Add chopped spring/green onion and stir until blended.
4. Ladle over the noodles and garnish with cilantro.

FOR MORE MEAL IDEAS, VISIT
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Switch up your usual pasta dinner with this light and zingy recipe.

Ready in

Prep time: 20 minutes

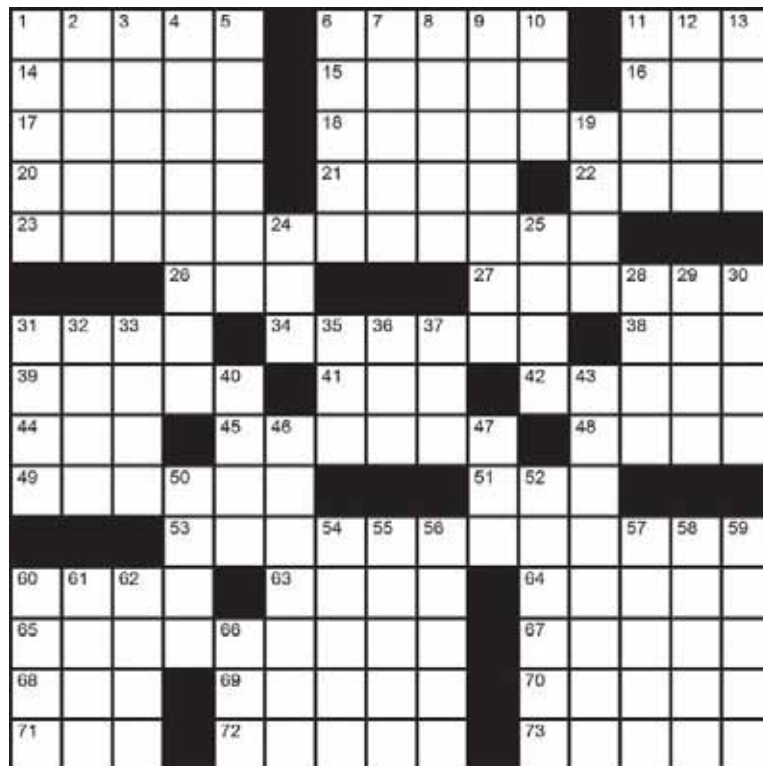
Serves 4**Ingredients**

- 500g minced pork
- 2 Tbsps olive oil
- 2 Tbsps chopped spring onions
- 1 onion, chopped
- 1 cup sugar snap peas (or any crunchy green vegetable)
- 1/2 cup of chopped mushrooms
- 8 cloves garlic, chopped or crushed
- 2 Tbsps ginger, minced
- 2 1/2 cups chicken stock
- 2 or 3 green onions, thinly sliced
- 1 Tbsp fresh cilantro

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. Change with the times
6. "Will & _"
11. Sneeze starters...
14. Prefix to 'dermabrasion' (Spa service)
15. Revolving mechanism
16. Cacharel perfume
17. Andes people in history
18. Ancient Greek Mythology: Commander in the Trojan War
20. Draped dresses
21. "___ Fiction" (1994)
22. "___!... I Did It Again" by Britney Spears
23. Song written by Burton Cummings that goes "Maybe I'll be there to shake your hand...": 3 wds.
26. 'Glycer' suffix
27. Donald Sutherland's other actor son
31. Chill
34. Montreal Canadiens legendary goaltender Ken
38. Pressure meas.
39. Tobias ___ Jr. (Canadian musician who co-wrote "When We Were Young" with Adele)
41. Mr. Fleming
42. Being beholden
44. Ms. Ortiz of "Ugly Betty"
45. Actress, Nicole ___
48. Adam & The ___
49. Cites
51. 'Delic' suffix
53. Cape Breton Island community mentioned in Canadian



folk tune "Song for the Mira": 2 wds.
60. Beach torch
63. Play's beginning, ___
64. NBC soap, "Days ___ Lives"
65. Active
67. Hair products brand

68. Justin, to Margaret
69. ___ toys
70. Ms. Carter of '80s sitcom "Gimme a Break!", and namesakes
71. Wile E. Coyote's blaster
72. "Steady ___

goes!"
73. TV wife of Steven Keaton

DOWN

1. Awry
2. Singer Ms. Washington
3. Capital of Ghana
4. Manitoba's lo-

cale, with The
5. ___ salad
6. ___ paper (Light blue boxes purchase)
7. Varlet
8. "Any Time ___" by The Beatles
9. Liken
10. William Shakespeare's 'earlier'

11. Year, fancy-style
12. Target in basketball
13. Lacking
19. London's hip '60s youths
24. Mr. McGinley
25. Faux pas
28. Twirl
29. Not is
30. Dates' friends in the Produce Dept.
31. Opened slightly
32. Trait carrier
33. Thunderbirds org.
35. Clear
36. Root vegetable
37. Scientific ID
40. Gumbo ingredient
43. "The ___": Gordon Lightfoot song that mentions a Robin and a Nest
46. Belonging to Jerusalem's country
47. Catch
50. Mideast chieftain, variantly
52. Tom Hanks/Julia Roberts flick, "Larry ___" (2011)
54. Rhythmic-al stress
55. Range in Quebec, ___ Mountains
56. Carved out spot
57. Country star Ms. Parton
58. Some birds
59. Record over
60. Check
61. Barge ___ (Intrude)
62. Superman's surname
66. Student's 4.0, e.g.

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20

In ending a feud don't give too much away. If you compromise you must do so from a position of strength. If you give in too easily your rivals may take it as a sign of weakness.

Taurus April 21 - May 21

You can't put a foot wrong, but if you are smart you will look ahead. Lady Luck is on your side — make the most of it but don't exhaust yourself.

Gemini May 22 - June 21

You don't seem to be short of admirers but don't let it go to your head. Also, watch out it does not affect your health. If you accept each and every social invitation that comes your way you will exhaust yourself before the end of the week.

Cancer June 22 - July 23

Don't take what others tell you too seriously. It could be their comments are genuine but it is just as likely they are saying what they think you would like to hear. You don't need flattery — you know how amazing you are.

Leo July 24 - Aug. 23

If you're bored with your social scene then do something about it. There's a party going on somewhere, make an effort and you can find it. Failing that, throw a party of your own.

Virgo Aug. 24 - Sept. 23

You cannot see the whole picture concerning a money matter. You may be tempted to take the kind of risk you would usually avoid — it is not a good idea.

Libra Sept. 24 - Oct. 23

With Venus and Mars, the relationship planets, moving through your sign you must let those you care for know how much they mean to you. Do it now because Venus leaves your sign at the weekend.

Scorpio Oct. 24 - Nov. 22

Others can cut corners but you must continue to play by the rules. Don't worry if your rivals pull ahead because their underhand methods will come back to haunt them.

Sagittarius Nov. 23 - Dec. 21

The planets indicate there is much you can accomplish but it is unlikely you will get far on your own. Put aside your differences and focus on shared aims and ambitions.

Capricorn Dec. 22 - Jan. 20

Some individuals are so full of their own importance that they think they can do or say anything and get away with it, but you know better. They will pay for their arrogance one day.

Aquarius Jan. 21 - Feb. 19

Keep your ideas to yourself. If you let slip what you are planning you may lose out in a big way. You may be friendly by nature but in some situations it can be your undoing.

Pisces Feb. 20 - March 20

It may seem as if certain factors are working against but there is no need to panic. The planets are making some situations seem tougher than they really are, so hang on in there — your luck will change soon.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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